



Learning to Accept Change



Learning to roll with change will lead to a happier and more fulfilling life. That doesn't mean ignoring feelings of sadness, anger, frustration or stress. These are normal responses to major life changes. But once you have acknowledged those feelings, it is important to move forward and focus your energy on what's possible.

The following are some simple, solid steps you can take to turn unexpected transitions into positive outcomes:

- **Reflect and refocus:** take stock of your personal assets and express gratitude, such as, "I can deal with this. I still have my ability to think, my special talents, my skills and my aspirations. I'm grateful for relationships and for my family."
- **Ask yourself some important questions:** "How do I want to feel three months from now? What will it take to get there? What does my ideal week look like? What can I do to realize that? Who can help with that?"
- **Choose:** decide what you want as the next chapter of your life. Simply choosing doesn't guarantee you'll get it, but the power of your intentions makes a huge difference.
- **Take action:** start by visualizing how you want to feel or where you want to be three months from now. Work back from this goal until you find something small enough that you can do today, tomorrow or next week.

Here when you need us.

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